



Helping People Help Themselves
SPARE

July 2 - July 15, 2010
CHANGE

NEWS

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Spare Change News

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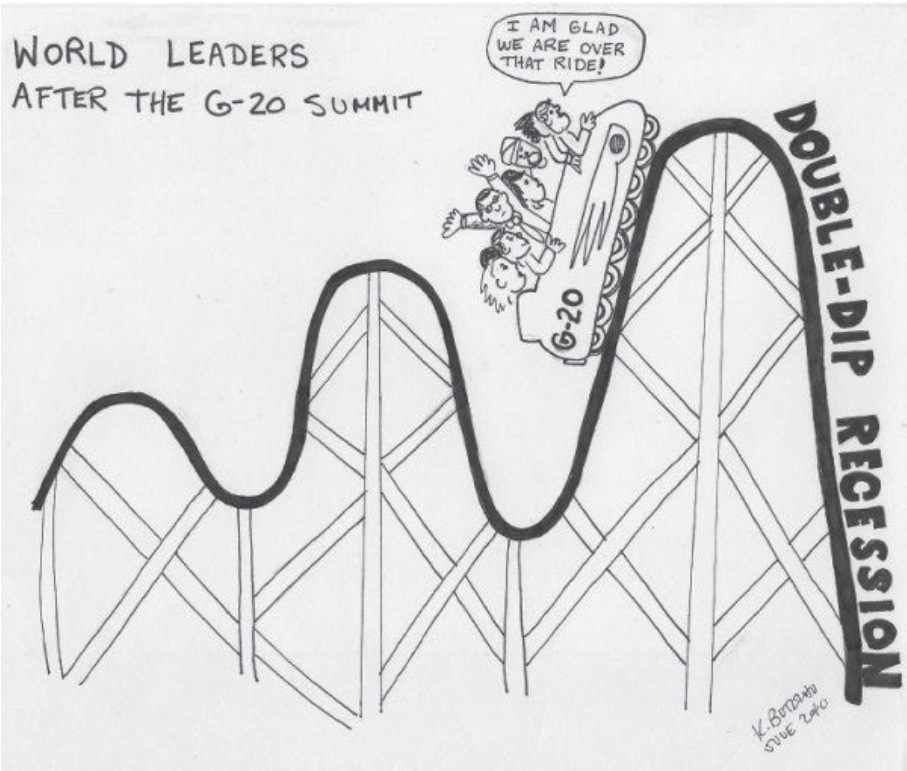
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The Streets Are Watching

Seventeenth century English poet Francis Quarles is credited with having expressed the thought, “Meditation is the life of the soul; action, the soul of meditation; and honor the reward of action.” Now in the twenty-first century, the relationship between meditation and action is being reexamined in the context of homelessness.

A June 6th column by Joy Eckstine on Change.org outlined and explored an organization called Ready, Willing, and Able in Harlem, which helps homeless me of a type of psychotherapy (Dialectical Behavior Therapy, or DBT) that employs mindfulness as a “core exercise”.

At one point during the discussion, the Dalai Lama asked the audience, “What is psychology? What does it mean?” After a flurry of voices, Dr. Linehan quickly spoke up. “pain of street level existence, equally patient and wise social policies should focus on minimizing disparities between the haves and have nots while also increasing opportunities for empowerment of the latter group.

If action is the soul of meditation, then let us be mindful together, to reap the honorable rewards of true justice.

Correction

There were several miss-prints in last weeks issue. Norman Watne, who authored “Life of the Streets of Charlestown” and “Bridge Over Troubled Waters: Assisting Boston’s Teenagers in Need” was incorrectly listed as a writer for Streetvibes in Cincinnati when he should have been listed as a writer for Spare Change News. Also, the article “Who is Homeless? The HUD Annual Report to Congress and Homelessness Pulse Project” was incorrectly attributed to Ukeme Esiet when it should have been attributed to Robert L. Karash.

Please accept our most sincere apology.

Vision & Mission

Spare Change News was founded in 1992 by a group of homeless people and a member of Boston Jobs with Peace. *Spare Change* is published by the nonprofit organization The Homeless Empowerment Project (HEP).

SPARE CHANGE'S GOAL:

“To present, by our own example, that homeless and economically disadvantaged people, with the proper resources, empowerment, opportunity, and encouragement are capable of creating change for ourselves in society.”

HEP’S OBJECTIVES:

To empower the economically disadvantaged in Greater Boston through self-employment, skill development and self-expression. To create forums, including those of independent media in order to reshape public perception of poverty and homelessness.

Are Peace and Love Dead in San Francisco?

Alexandra Cheng
Spare Change News

When San Franciscans head to the polls in November, they will be facing a measure that may redefine the city’s social makeup and alter its identity as a free-loving, interestingly offbeat cultural hub.

In a city where homelessness is just as much a part of the landscape as the steep streets and trolley cars, Mayor Gavin Newsom is making poverty a ballot issue, proposing an ordinance that would ban sitting and lying on public sidewalks for the majority of the day.

ilable to only foot traffic between 7 a.m. and 11 p.m., has become a contentious political and legal issue in the Bay Area, striking conflicting moral chords across the city.

Mayor Newsom’s initial proposal was voted down eight-to-three by the Board of Supervisors earlier this month. Supervisor of the Richmond district, Eric Mar, characterized the proposal as “unnecessary and over broad, and a violation people’s civil rights.” The mayor countered his defeat with the Board by making the ordinance a ballot measure.

The proposal was born in the Haight-Ashbury neighborhood, a commercial and residential area famed for its hey-day during the “Summer of Love” as a hippie haven and a locale that, for many, holds the spirit of San Francisco. The Haight drew a number of street dwellers, and violence and harassment com-

plaints from residents and shop owners began the crusade.

A grassroots group, called the Coalition for Civil Sidewalks, has formed to garner support for the ordinance. According to the campaign’s website, they are a “group of families, residents and small merchants who believe that sidewalks should be a safe place for our children, elderly and disabled.” The coalition calls those that do not support the proposal “opponents of civility.”

A poll to asses voter concerns conducted in February by the San Francisco Chamber of Commerce revealed that 71% of the 500 citizens surveyed would support the sit/lie ordinance.

Bob Offer, the civil rights organizer and editor of the street newspaper Street Sheet, published by the Coalition on Homelessness in San Francisco, said the poll was misleading, “describing laws that already exist and not asking critical questions.”

Also among the results, 51% believe San Francisco is going in the wrong direction, as opposed to 47% saying it was going in the right direction last year.

However, ratings on issues such as homelessness and panhandling, crime and drugs, and housing have improved.

In step with the poll, Maurice Lee, the manager of Wasteland, a clothing store on Haight Street, said he noticed that violence and homelessness has been less of a problem in the past year and that eight out of 10 times, there are no problems. However, he supports the sit/lie



ordinance as a “law to fall back on and a formal control mechanism.”

“It would be convenient,” Lee said. “The police are great but there is only so much they can do. It’s not solving the problem but keeping it controlled.”

Lee said the occasional disruption comes in waves and the congregations are overwhelming during lulls. “We have a big door that is open all the time. Ten people, dogs, and trash are splayed outside leaving messes and stains...they don’t leave and there’s power in num-

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Homeless and Housed Populations Unified by Common Art

Caroline Fenton
Spare Change News

Summertime on Newbury Street beckons tourists and locals to stroll the sidewalks and admire the bright patterns of the season. Propped up in front of historic Emmanuel Church is a display of art for sale, featuring paint-

ings of a field of colorful poppies, a contemporary geometric design, a harrowing portrait of a man in despair, and many other images that passersby may purchase. One thing sets these works apart from the wares offered by the endless stretch of shops: all proceeds go directly to the homeless men and women that created them.

The sidewalk art sale is organized by Common Art, a program of Ecclesia Ministries in Boston that provides a safe space for homeless men and women to paint, draw, decorate stained glass, and complete other art projects. The program staff, which includes an experienced artist-in-residence, welcome participants

each Wednesday from 9am to 3pm at Emmanuel Church Parish Hall on 15 Newbury Street. An abundance of art supplies is on hand and breakfast and lunch are provided.

The Common Art program offers a unique service to the chronically homeless, a community for which

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Cambridge Farmers Markets

Robert Sondak
Spare Change News

In Cambridge, the Farmers Market season runs from mid June through October, with the exceptions of Charles Square and Central Square. Charles Square and Central have an extended selling season the runs from the last week of May right up until Thanksgiving week.

Farmers Markets days of operation are as follows

Central Square (Monday), Kendal Square (Thursday), Cambridgeport at the Morse School parking-lot (Saturday), Kirkland Street at Harvard University (Tuesday) and Harvard Square at the Charles Hotel courtyard (Friday and Sunday).

Cambridge, the home of two of America's top universities, Harvard and MIT, is also the central location for six farmers markets. These farmers markets are open six days a week Monday through Sunday with the exception of Wednesday.

Each Farmers Market is a diversified food focused urban marketplace that serves the community of greater Cambridge and its 100,000 residents.

The six Farmers Markets represent a group of economic, socio-cultural and hunger sensitive organizations. These organizations sponsor 70 to 75 farmers that sell to directly to consumers, and employ 100 to 120 people. These markets are open 6 days a week with a five to seven month selling season, depending on the market, and can attract 3,000 to 5,000 customers a week. Many of the farmers have loyal customers that come back. The farmer's customers base has expanded to include restaurants and some local schools that have redesigned the menus to focus on healthier foods.

The concept of direct consumer sales through the Farmers Markets was reinstated by the State Department of Food and Agriculture in the late 1970's after being dormant during the United States post World War II expansion into the burbs. Commissioner Winthrop working in conjunction with the City of Cambridge opened the first Farmers Market in Central Square in 1978. The 2010 season marks Farmers Market's third decade in Central Square.

Along with being one of the oldest in the state, the Central Square Farmers Market stands out for selling to a vibrant mix of ethnic groups. The Central



Square Farmers Market employs 15 vendors and is managed directly by the local Federation of Farmers Markets; they also accept WIC and recently began accepting food stamps.

The Central Square Farmers Market, along with their vendors, also work with the local hunger relief organization Food For Free, by donating their surplus weekly. Food For Free distributes this surplus of food throughout its Cambridge-based relief program.

While the Central Square Farmers Market is on the oldest, the Farmers Market at Harvard University was the first in Cambridge to accept food stamps. The Harvard University Farmers Market, located opposite the Harvard University Science Center at Kirkland Street, is facilitated by the Food Literacy Project. The Food Literacy Project is a collaboration between the Harvard University Dining Services (HUDS), the School of Public Health, Health Services and the university. They also accept WIC.

I recently interviewed Jeff Cole Executive Director of the Federation of

Massachusetts Farmers Markets, and a Waltham-based non-profit organization that manages Farmers Markets and provides technical support to all the independent markets statewide.

Interview with Jeff Cole

RS: How have the Massachusetts farmers markets grown in the decade following the millennium? How about in 2010?

JC: "Between 2004 and 2009 the number of farmers markets in the state grew by 100 percent."

JC: "This year the level of growth is smaller and is around seven percent. We still have added thirteen Farmers Markets for the 2010 selling season. Massachusetts now has 215 Farmers Markets, and that is an all time high."

RS: What Cambridge-based farmers markets now accept food stamps?

JC: "The Harvard University Farmers Market was the first Cambridge farmers market to accept food stamps. The Central Square market is accepting food

stamps as part of a pilot program. All of the Cambridge markets accept WIC."

RS: How does Farmers Market help the local Cambridge community?

JC: "The Farmers Market stimulate job growth. They allow farmers to set up shop and sell there locally grown produce, fruit and bakery products. The Cambridge Farmers Markets feature around 100 vendors and employ about 100 to 120 people. The farmers sell locally grown food and put money back into the economy. Most importantly they turn over the money rather quickly because their profit margin is small compared to other industries. The turning over of profit is indicative that the farmers are a stable business operation."

Robert Sondak is a vendor and writer. Robert has experience volunteering at two local farmers market in Arlington with Oakes Plimpton and in Quincy Center with Anneli Johnson. Robert is also the Executive Director of the Nutrition Education Outreach Project.

Attacking Homeless People

Violence is epidemic, and some don't even want to count

Margo Pierce
Denver Voice

If 27 people had been killed in the United States in one year for being African-American or for being Jewish, there would be a national uproar. In 2008, 27 people were killed in the United States for being homeless, according to the National Coalition for the Homeless.

Where is the uproar?

Homeless people all over North America are being set on fire, beaten, stabbed, shot, strangled, brutalized by police, harassed and raped. Many of these crimes go unreported, and the ones that do come to light might not necessarily be recorded as hate crimes.

That means statistics for tracking the violence in order to find ways to address it are inadequate.

"People are just being targeted because they are homeless. It's a safe crime, it's almost like vandalizing a street sign," says John Joyce, co-executive director of the Rhode Island Homeless Advocacy Project (rihap.org/). "The victim doesn't come and tell the police about it. They're ashamed of where they're at in their life right now."

"I can't understand why, but it's accepted that it's OK to assault homeless individuals. It's just bigotry at its best. People are being targeted because they're homeless. You're carrying your life on your back, in your backpack; and people see that and for some odd reason people want to assault people who are more vulnerable."

'Attacked for who you are'

During testimony before the Rhode Island Legislature on a bill for tracking crimes against the homeless and trainpolice to serve the homeless, Joyce played the "Bum Hunter" video to show how attacking homeless people has become a form of entertainment. The bill passed the state house and senate and is expected to be signed into law.

"The victims don't really want to come forward because the way the police departments think and the community thinks: 'No one's going to believe me anyway if I do get assaulted.' If the homeless community here in Rhode Island knows that the police



departments will listen to their complaints, they'll come forward," Joyce says.

The complexities of social attitudes influence all facets of government in the execution of their role as protector of the common good. This is reflected in an opening statement in the report "Homelessness, Victimization and Crime: Knowledge and Actionable Recommendations", presented in 2008 by the Institute for the Prevention of Crime at the University of Ottawa.

"In 1998, the mayors of some of the largest cities in Canada declared homelessness a national disaster," the report says. "Since then, studies conducted in a number of Canadian cities provide evidence that the number of homeless people on the streets is increasing and consequently that the demands on shelters and other services can be expected to rise. ... Those without adequate shelter are more likely than the housed to be victims of violence and, for women, victims of sexual assault."

What the report can't provide is uniform, consistent data on the number of crimes committed against homeless people across Canada. Nor can the U.S. government provide that same data. Beyond victims' reluctance to report, another problem is the apparent indifference of law enforcement to collecting

the information. The 2007 Hate Crimes Statistics, the most recent annual report compiled by the FBI Uniform Crime Reporting Program, illustrates this point.

More than 13,000 law-enforcement agencies provided data about bias-motivated crime, with 2,025 agencies (15.3 percent) reporting 7,624 incidents.

"The remaining 84.7 percent of the participating agencies reported that no hate crimes occurred in their jurisdictions," the report says.

Some states, such as Mississippi – with a deep-rooted past in racial violence – reported zero incidents of hate crimes in the entire state. Delving into what makes a hate crime could begin to explain why jurisdictions don't want to report these crimes.

The thing that differentiates a hate crime from others is that it is "based on a characteristic or condition of the victim" by a perpetrator who "seeks to not only commit the crime against the particular victims but to send a message about that victim to the larger community," according to Sherrilyn Ifill, professor of law at the University of Maryland and a faculty member of the Peter Jennings Project for Journalists and the Constitution.

How we protect, or fail to protect, vulnerable populations in our commu-

nities is a demarcation of our progress in achieving that image.

"This is really, in many ways for me, a very critical issue to me of democracy and freedom – that is, your ability to walk on the street and not be physically attacked for who you are," Ifill says. "When we want to talk about freedom and we want to talk about democracy, we tend to think about voting. I think many people take for granted the assumption that you can walk on the street unmolested so long as you're not committing a crime. There can be no other more corrosive activity to a society that purports to be free and democratic than allowing citizens to be attacked on the street for who they are."

The combination of the recent rise in homelessness as a result of the economic downturn and a rise in the reported cases of violent deaths of homeless people has resulted in greater awareness about the risks to people living outdoors, also known as "rough sleepers."

"The risk of victimization is higher among homeless persons who live on the street as opposed to in shelters ... 78 percent of rough sleepers had been victims of crime during their most recent period of sleeping on the street; however, only 21 percent of these incidents were reported to police," says the report

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bers. Those times are more difficult.”

Joe Goldmark, the owner of Amoeba Music on Haight Street, also plans on voting for the sit/lie proposal, to “give police one more arrow in their quiver” to handle those who are excessive and abusive.

Opponents like Offer, however, believe that the ordinance will instead give law enforcement “another tool to harass and make the act of being homeless criminal.”

Supervisor Mar, who voted against the proposal, agreed that the measure would elicit prejudice and target specific groups.

“It would allow police and law enforcement to discriminate in many ways against people who are poor or really vulnerable groups, like day laborers,” he said. Mar continued that the city already has laws to protect people’s safety and stop aggression on the streets.

Opponents of the sit/lie ordinance are protesting by doing just that: sitting

and lying. Mar has observed many “creative protests” of advocacy and grassroots groups drawn outside “to protest how ridiculous the effort is.”

Since the mayor proposed the issue, there have been multiple celebrations of public space around the city, from large barbeques on the sidewalk to outdoor yoga and chalk drawing classes to a couple of friends lounging in front of their apartments on lawn chairs and beach towels in pseudo-sit-ins.

“The sidewalk is not just for transit,” Offer said of opponents reclaiming the concrete. “This hits at the very core of human rights and civil liberties.”

According to Offer, there have been massive cuts to programs that aid the homeless, “eviscerating adequate services” such as shelter beds and personnel, making Mayor Newsom’s proposal hypocritical for driving people off the streets with nowhere to go.

There is only one shelter in the Haight and it has few beds and is solely for youth. It is only accessible via the Tenderloin district, an area with a very high crime rate.

A number of other West Coast cities have enacted similar laws. Seattle, Santa Cruz, Palo Alto, and Berkeley all have passed variations of the sit/lie ordinance. However, according to a report by San Francisco’s CBS5, the Berkeley ban on sitting has been largely ineffective and difficult to enforce.

No such laws seem to be on the horizon for Boston as homeless organizations and an official in the mayor’s office appeared unaware of such efforts, though no official word was given.

According to a copy of the legislation obtained by the San Francisco Chronicle, violators of the ordinance would first be issued a warning. Repeat offenders could face up to \$500 in fines, misdemeanor charges, and a month in jail.

There are a number of exceptions to the ordinance, such as wheelchair use, children in strollers, and street festivals. Public parks, beaches, and plazas are not included in the law.

Given the heated emotions surrounding the issue, the sit/lie ordinance is likely to be a close fight in the city by the bay.

Goldmark said he thinks the measure will pass but not by an overwhelming margin. Offer hopes it will go the other way. “I don’t know by how much, but hopefully it will be in our favor and we beat this campaign.”

Supervisor Mar said it is likely to be a battle between big business and conservative forces versus advocacy and civil rights groups. “The sit/lie ballot measure is an attack on poor and low-income people in our city. It will not make us safer and it’s really a political effort to get more conservative voters out to the polls.” Newsom, a Democrat, is running for lieutenant governor of California in the same November election.

“The mayor’s ill-conceived policy is a crackdown that is against civil liberties and values of compassion and social justice that we believe in in San Francisco,” Mar said.

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by the University of Ottawa.

National newspapers such as the New York Times and USA Today and wire services such as the Associated Press have recently reported on hate crimes against the homeless in Cincinnati, Ohio.

John Johnson needed 18 stitches in his head and his girlfriend was in fear for her life after an April 10 attack at a camp in Cincinnati where they lived. Johnson, 52, says he was sleeping under a highway overpass at about 3 a.m. when four men attacked him.

“I was awakened by four young men telling me to exit the property,” he says. “As I was complying with them, they started beating me with pipes and bats upside the head and up and down the left side of my body.”

Three of the four attackers have been captured. Charged with felonious assault are Michael Hesson, 24; U.S. Army Private Riley Feller, 24, stationed at Fort Knox, Ky.; and Spec. Travis Condor, 25, stationed at Fort Bragg, N.C. A fourth suspect, also stationed at Fort Bragg, has not yet been caught.

‘Word’s already out’

“In Cincinnati, hate crimes against homeless people definitely seem to be on the rise,” Spring says. “The National Coalition for the Homeless has been tracking hate crimes ... because they saw a turning point where they were occurring more and people were being targeted as a popular thing to do.”

Hate, Violence, and Death on Main Street USA: A Report on Hate Crimes and Violence Against People Experiencing Homelessness 2008 is the most recent report by the National Coalition for the Homeless (NCH).

“It really is a matter of life and death,” says Neil Donovan, executive

“I was awakened by four young men telling me to exit the property,” he says. “As I was complying with them, they started beating me with pipes and bats upside the head and up and down the left side of my body.”

director of NCH. “There are examples of individuals, solely because of their status as un-housed, (who) are at risk of loss of life. When that happens, that rises to a special level of attention, and it’s really our responsibility to protect the health and well being of our un-housed brothers and sisters.”

This is one of the reasons NCH is working with the Southern Poverty Law Center to lobby for national legislation to

amend the Hate Crimes Prevention Act to include homelessness as a classification reported by law enforcement. Brian Levin is director of the Center for the Study of Hate and Extremism at California State University and a former staffer at the Southern Poverty Law Center.

“As a criminologist, there are certain types of data that we rely upon, and homicide data is one of them; and what we’re seeing is that more homeless people (are) murdered in apparent hate crimes than all of the other traditional hate-crime victims combined in any given year. And what I mean is race, religion, sexual orientation, disability, etc.,” Levin says. “If that’s the case, then we really have a problem where the law should protect them. And we should have a federal law reflect it, because in many areas the homeless are not treated as victims – they’re treated as criminals themselves.”

“The fact of the matter is, is that we have clear and very disturbing issue of violence against the homeless that is done by folks who are responding to prejudice.”

The perverse reality of homelessness is that being victimized by hate crimes makes further victimization likely. Noting that homelessness “disrupts important social bonds and impairs personal networking” for successful interpersonal interaction and efforts to leave the streets, the report explains that this means many people are trapped in that environment.

“Victimization on the street is psychologically distressing and can lead to

depression and low self-esteem, which in turn contributes to apathy and feelings of futility, making it more difficult to escape further abuse,” the University of Ottawa report says.

Both legislation and education are needed, according to Levin.

“The same types of offenders are committing the same hate crimes against the homeless that we’ve seen with other victim groups, yet it appears, from the limited data that we have, that the homeless are among the most violently victimized of any victim group out there,” he says. “Therefore, we need not only education, but educational initiatives to protect the homeless ... training for social services and law enforcement as well as for young people in schools. ... The more that we can say that this is not socially acceptable and institutionalize that, as well as institutionalizing the message that there might very well be punishment as well, I think serves a later good. The word’s already out there that the homeless are potential victims.”

Helping people get off the streets makes for fewer targets, but it won’t address the essential issue, according to Ifill.

“I think people want to believe that hate crimes are a thing of the past, and understandably so,” she says. “But the reality is that they’re not, and that only by our attention and only by very vigorous law enforcement response – prosecution by prosecutors of hate crimes, reporting not only by law enforcement official but by citizens who see and know when hate crimes occur – are we going to be able to get our hands around this.”

The Purloined Heart



Jacques Fleury
Spare Change News

Gulp Fiction

Lonely people often have a story that they feel compelled to tell. That was the case with Victor DeMargo. I was sitting at the 1369 Coffee House at Inman Square. in Cambridge, where I often enjoy my daily cup of chai tea and the local artist types who drop in throughout the day. I don’t particularly care for corporate mega chain establishments like Starbucks, since they make it their mission to put mom and pop type places out of business. Domination. That’s all it is. The whole world is about domination and control. And if you don’t agree with me, then you must be delusional.

So anyways, I was sitting at my usual table in the far corner in the back near the bathroom—that way I can observe the myriad of Cambridge eccentrics that float in and out of the place. Then he walked in. A tall slender White man with sharp facial features, particularly his protruding nose and chiseled cheekbones. Even though he was clean shaven, his moustache looked like it had been plucked right off his upper lip. He looked like a man with a story to tell. We made eye contact while he was in line and he then made his way to the back and asked if he could join me.

I usually prefer to be alone, but he compelled a curiosity in me that was relentless. I had to find out what his story was. I could never resist a man with a good story. It must stem from growing up in Haiti, where every night during blackouts, the whole family would gather on our front porch while our grandmother—who was known to spike her tea with a few drops of whisky—would regale us with colorful tales by moonlight. That is the one thing from my childhood that doesn’t make me cringe when I remember. And so now, as a middle aged man, whenever I yearn to re-connect with my youth, I seek to hear a story from anyone with a story to tell.

I had been to hear Brother Blue, a local legend and master story teller, many times here in Cambridge. When you heard his stories, you almost felt like you were tripping on LSD or something to that effect. He once described how God made the world by sneezing out the animals, sneezing out the trees and sneezing out a motley crew of humans.

Anyways, back to the stranger with a story. He told me his name was Victor DeMargo and he had just moved here from Portland, Oregon. Then he started speaking on the subject of love.

“What is Love?” he asked, and I could tell by his manner that the question was rhetorical. “Love, love, love. That elusive feeling of the ultimate form of adoration can quickly morph into desperation and destruction in every sense of the word. How do you explain how one can both love and hate someone at the same time? How can you explain the reasons why you love someone? Love is a selfish feeling. It can hold the participants hostage. It can drive one to kill, steal and commit unspeakable acts.” I just sat there, tapping my finger tips on the table, trying to hear what he wasn’t saying and wondering when he would get on with it. Tell me the goddamn story already was what I wanted to say. But I decided to utilize the virtue of patience. Besides, I had nothing else better to do.

“Love is elusive. But it’s even more elusive when it’s between two men. Now, I’m not talking about the love two gay men can share. I’m talking about love between a heterosexual man and a homosexual man. Is that possible you ask? Yes, most definitely. I once knew this guy, let’s call him Joey Defalco, since I prefer not to use his real name. So Joey Defalco fell in love in the men’s locker room at Bally’s Total Fitness in Porter Square. When he first laid eyes on Clark Bent, a paragon of male beauty and masculinity at six feet five inches tall and a heavily muscled smooth Black body, wearing a jockstrap that left little to the imagination and a fluorescent smile that probably glows in the dark, he thought that he has just discovered the meaning of life and the reason why he was born. Joey Defalco just stood there, gawking and contemplating professing his undying love right there. Clark Bent, as he was rising from tying his shoes, caught Joey Defalco gawking at him and with a sly smile said “Hi there. Had a good work-out?” Joey Defalco opened his mouth to respond but nothing was forthcoming. It was as if he had suddenly swallowed his own tongue. “I’m Clark Bent and...you are?” He finally found his voice again, “Joey. Joey Defalco.”

“Well nice to meet you Joey. Joey Defalco. So did you have a good work-out?” Clark Bent beamed his ultra white smile as he made small talk with Joey Defalco, who could not bring himself to look directly at Clark Bent. Instead, he focused on wrapping the towel he was wearing more tightly around his waist. Meanwhile, Clark Bent finished getting dressed and said “Well Joey Defalco, I hope to see you here again sometime” and quickly left the lockerroom before Joey Defalco could say anything back.

Well, from that point on, Joey Defalco could not stop thinking about Clark Bent. He thought about him when he went to bed at night and when he got up in the morning. He thought about him while brushing his

teeth, during breakfast, at work, and again when he got home. He went to the gym everyday around the same time hoping to see Clark Bent again, and this time he knew he would not act like such a tongue tied little horny queen. And then it happened. Clark Bent was getting in just as Joey Defalco was changing into his workout clothes.

“Hey it’s Joey Defalco. Well, well. It’s nice to see you again!” Clark Bent said with surprising elation in his voice, his eyes moist and wide with excitement. Keep it together, Defalcom, try not to make a fool of yourself, Joey Defalco silently said to himself. “Nice to to see see you too Clark Bent.” And then Clark Bent said, “Hey, I have an idea. Why don’t we work out together? I mean, if you wouldn’t mind?” Joey Defalco felt a surge of electricity running through his veins and for a moment felt as if the whole interaction was surreal. He just could not believe his luck!

“Sure. I’d li-like that ver-very mu-much,” he could barely get the words out. Then, as Clark Bent stood over Joey Defalco while he was bench pressing, he proceeded to talk about his beautiful wife Delfina Bigbresta, a blond-hair blue-eyed gal from Poland. He talked about how they met on the internet and had been together for two years and married for one. At that moment, Joey Defalco felt his heart plummet like a brick to the bottom of the sea. He felt that all hope was lost for any chance of coupling with Clark Bent. But he hid his feelings by acting obsequious about Clark Bent mention of his beloved wife. “Wow! Congratulations! Sounds like you are one lucky man. You must bear the envy of every man who sees you with her!” And Clark Bent just smiled and said “Yeah, I really am. How about you? Do you have someone special?” Joey Defalco did not anticipate that question and again felt tongue tied. “Well, not yet...but I’m hoping.”

Afterwards, they exchanged phone numbers and Clark Bent told Joey Defalco that he would be calling him soon to maybe play basketball together. Joey Defalco, who has absolutely no interest in basketball, said “Sure. I’d love to. I lo-love basketball. It’s my favorite sport!” Liar! he said to himself, but he would even agree to go bungee jumping just to be in the presence of Clark Bent.

To Be Continued....

Jacques Fleury is a Poet, Author and Columnist; his book “Sparks in the Dark: A Lighter Shade of Blue, A Poetic Memoir” about life in Haiti & America was featured in the Boston Globe. Sample or buy the book at: www.lulu.com. 20% of proceeds will go to Haiti charity Partners in Health. For personal appearances or comments, contact Jacques at: haitianfirefly@gmail.com.

“Love is elusive. But it’s even more elusive when it’s between two men. Now, I’m not talking about the love two gay men can share.



Pure Enchantment

by Maria Termini

Pure enchantment is you simply,
Be wild in the heart and
don't keep off the grass
or just color within the lines.
And in the new wave,
the fish are trying to get out and
wings present a strong case for flying south.

Now is the time for all good people
to linger longer and
to melt the ice in search of peace.
If you can imagine it,
you can become it.
Peace is me.
Peace is you.

Feel at home singing and
imagine the possibilities
when you are ready:
love, light and green peace.

Opulence

by Maria Termini

Discover the opulence of taste,
sometimes barely visible.
You're never too old
to run away from home.
Next year, you might consider
where to get too much pleasure and
the breakthrough is actually rather sensual
and the combination for success
is to believe in magic and
original works of art
reduce the heat loss in your home.

For the peerless eye:
all you have to be is
really into color,
because you're worth it and
if you can dream it,
you can achieve it.

Think again:
what have we done with the water.
Once upon a time,
there was all the excitement and
anything was possible.

To Whom It May Concern

by Maria Termini

To the world, let it leave you breathless.
The real secret behind the perfect dilemma
is to deal with a lot of taste and
sparkling reflections and
increase your miles per gallon.

Keep in mind how to win and
enjoy the satisfying danger signals,
all around us that advertise for trouble.
This business can't wait for tomorrow.

However, there are also extras
to see and hear and hiding our feelings
still leaves us vulnerable.

To find a new life,
we seek the return of the spirit after
weeks walking across the frozen landscape
plying so many ways to put things together
and much more.

Show business does a lot of things,
it is an unforgettable experience
in its own right with first puff impact
and a bitter contest of wills.

An awkward diplomatic problem
and many other hazards
demonstrate the improvement for
Saturday night romance
and it has as much meaning
as planets that do not exist.

Purple Dreams

by Maria Termini

The rare very orange birds sweetly
Sing the praises of the moon,
In the fading soft purple skies,
As I sit on the deserted shore
Also hearing the night song of frogs.

Things change at this time,
The red sun sinks behind the volcano,
Apples glow into shining hearts,
Hearts become valentines,
With strange leaves and deep roots.

Over the snow covered crystal summit,
The clouds dance close together,
Gliding and glowing and
Writing a secret shorthand in the sky,
Sending messages to the gold fish
Swimming in the crater lake.

Dark purple dancing lines,
Ripples in rounded reflections
As water lilies bloom in passionate moves
Into the citrus scented air.



Poems may be submitted to: Marc D. Goldfinger,
76 Unity Ave. Belmont MA, 02478

or email: sparechangepoetry@gmail.com. SCN cannot return poetry
submissions, and authors will be contacted only if their poems are published.

Every Thursday
Squawk Coffeehouse, 9 pm
1555 Mass Ave., Cambridge
Open mike for poets and musicians.

Every Saturday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$3-5 suggested donation.
671- 354-5287

Every Sunday
Lizard Lounge Poetry Slam, 7 pm
1667 Mass. Ave., Cambridge
\$5. 671- 547-0759

Every Monday
Out of the Blue Gallery, 8 pm
106 Prospect St., Cambridge
\$4 suggested donation.
617-354-5287

Every Wednesday
Boston Poetry Slam, 8 pm
Cantab Lounge, 738 Mass. Ave.,
Cambridge
\$3. 21+. 617-354-2685

Second Thursday of Every Month
Tapestry of Voices, 6:30 pm
Borders, 10 School St., Boston
Free. 617-557-7188

Second Tuesday of Every Month
Newton Free Library, 7 pm

330 Homer St. 617-796-1360
Third Saturday of Every Month
Boston Haiku Society meeting,
2-6 pm
Kaji Aso Studio,
40 St. Stephen St., Boston
\$3. 617-247-1719

*Poetry event listings may be
submitted to
sceditor@homelessempowerment.org*

continued from page 3

opportunities for self-expression are rare. Mary Eaton, Program Director for Common Art, explained that surviving many years on the street requires hiding vulnerability and developing a tough exterior. "While many programs seek to meet the physical needs of homeless individuals, few are able to provide emotional support or to nurture creativity," Eaton said.

According to the Common Art website, the program began in 1999 and was envisioned by members of the homeless community. It is funded through grants from the Boston Foundation and other cultural foundations, as well as private donations. Typically, at any one time throughout the day, there are up to 25 artists in addition to volunteers and staff in attendance. Participants may come and go at any time during a session.

Eaton stated that most of the homeless individuals that come to Common Art are not youth, but rather chronically homeless adults who have been without housing for lengthy periods of time, some for up to 40 years. This is most likely because all advertising thus far has been through word of mouth, so the demographic reflects those who have been on the street interacting with other members of the homeless community. However, Common Art encourages new members to join regardless of age, race, religious affiliation, gender, and housing status. "You don't need to belong to Ecclesia Ministries or any church or religious organization. You don't need to feel like you are an artist. You don't need to be homeless, or housed... basically, all are welcome" said Eaton.

In addition to the emotional benefits of composing artwork, the artists also benefit from selling their cre-

ations in the sidewalk art sale in front of the church. Each artist sets the price for the piece he or she has created, and earns the full profit if it is sold. While a few Common Art participants have been able to gain stability through the sale of their work, the goal of this practice is to empower homeless individuals to gain confidence and believe in the value of these creations. "Success in Common Art is not measured by how many of its members leave homelessness behind," explained Eaton. "Success for us is an artist selling his painting for the first time rather than giving it away, because he believes he has created something worth purchasing. Success is the artist trusting a staff member enough to look her in the eye for the first time after 6 months of not doing so, because he feels he can finally open up to someone. We celebrate small successes and an improved sense of self-worth."

Volunteers at Common Art are often members of visiting youth groups, and they also create their own works of art. This shared activity builds community and collaboration among the homeless and housed populations and reduces the unequal power dynamic that can occur when one group feels it is helping another. At Common Art, everyone has the chance to learn, teach, build community, and be expressive through art.

If you would like to support the Common Art program by volunteering or donating other services, visit http://www.ecclesia-ministries.org/common_art.html for more information or email info@ecclesia-ministries.org or call 617-247-4927.

BELOW: The second in a series of cartoons by veteran Gary Gagne entitled "Homer and Les: Vagrants at Large". The 'toon chronicles the journey of two unlikely companions as they traverse city streets and desolate highways across the United States, en route to promise in Boston.

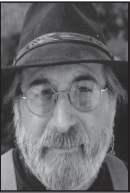




Voices From The Streets

Voices from the Streets - a forum for those whose voices are too often ignored. From narratives to opinion to advice, these writers portray a unique perspective on life that might otherwise go unnoticed. Below, find that turning an ear towards those normally silenced opens the door to understanding and relating to those who have faced life on the street.

Hooked On Black Tar



Marc D. Goldfinger
Spare Change News

I'm lucky enough to be watching the ocean right now. It's haunting to realize how connected all the waters are. My wife and I are at Cape Cod, many miles away from the Gulf of Mexico. The waves are coming in as I sit here close to the window of our rented room.

The side of our room that faces the ocean is all glass. Two sliding doors, one that opens to a small wooden balcony with four plastic chairs and a tiny plastic table. Plastic. Petroleum is the critical component in the making of plastic. Think of all the plastic that is part of our daily lives.

Mayonnaise jars, soda bottles, the bodies of almost all of our automobiles, televisions, computers and many of their components, cell phones, etc., etc., etc., ad infinitum. Oil is the major component in modern fertilizer for our food growth, oil moves our food from one place to another, it runs the massive machines that move about our giant mono-crop farms, it links our civilization together.

My wife and I just drove home from the Cape. We filled our 2002 Honda Civic before we left. Gasoline. Oil. It doesn't matter how green we try to be, we are still part of the problem. It took us a little over three hours to return to our humble home.

Our home is heated by "natural" gas. I guess you could say it's natural because it is a by-product of the Earth's oil production. Every year the price of heating our home goes up. Of course, we're lucky to have a home. Many of our brothers and sisters live on the street, in shelters, or sleep out in the wilds of the city.

I remember when I was homeless. I never liked it. In the shelters I always had to sleep on my shoes, if they were halfway decent, so no one would take them. I was more ecologically centered when I was homeless than I am now.

Now I have a car, a small motorcycle that gets close to 60 miles per gallon, and a bicycle. It is the same bicycle I had when I was homeless. It is a 1999 Mongoose with Rock Shocks and it doesn't use any oil at all. Except for the tiny drops I put on the chain so it doesn't rust.

When my wife gave me the car, a 1999 Honda Civic, I was thrilled. I just received my new driv-

er's license after going without one for over ten years. I vowed to keep riding the bicycle more than I used the car. I wanted to stay green even before green was in.

I broke the vow. Now I ride the bicycle as a way to earn miles on my motorcycle. The motorcycle ride is my reward for getting greener. But I'm still part of the problem.

Most of my food is packaged in plastic, an oil product. During the winter I drive the car more than I should. Sometimes I buy coffee in disposable cups. This adds to our environmental degradation.

I buy CDs to listen to music in my car. I buy DVDs to watch movies on my plastic television. My shoes have plastic/rubber soles, an oil derivative. My hearing aids are made out of plastic. When I was younger I listened to hard rock music louder than anyone was meant to play it. I went to rock concerts and when I left my ears were ringing.

When your ears ring after being exposed to loud sounds, that means that damage has been done. So I did this to myself. But I loved the concerts and still go to one occasionally. The last one I went to was at the Orpheum and it was to listen to and watch the Dresden Dolls. Great stuff!

My wife and I actually took the MBTA there. Green travel but the trains don't always run on time. Of course, when I drive my car I sometimes get caught in traffic jams and I sit there, listening to music, while my car's exhaust pipes pump poison into the air.

It takes many cars to make a traffic jam. Each car has a tank that we fill with gas at least once a week. If you took every gas tank from every car in Massachusetts and fused them all together into one BIG tank, how big would that tank be?

Can you imagine?

That's just Massachusetts. Now think of every gas tank in every car and truck in the world. Fuse that one together! I'll bet your imagination boggles at the thought of how BIG that TANK is.

Now think of how much oil we had to take out of the ground, both on land and sea, to fill all those tanks. We're still doing it; more tanks than ever before as other countries chase the Western dream.

But is it really a dream? You could say, "We've got it good and we're never going back." But the Mother Earth has other ideas for us. As I

GOLDFINGER continued on next page

tales from the curb

Diverting the Homeless for the Sake of Diversion



James Shearer
Spare Change News

A couple of stories this last couple of weeks grabbed my attention, Some sad, some really stupid, all are interesting.

1. Lawsuit against Happy Meals.

I'd like to introduce you to the true enemy of our children folks, none other than that harbinger of evil, Ronald McDonald. That's right kiddies, Ronald is evil. According to a study done by the CSPL, children are overweight because of McDonald's Happy meals. How does the fast food chain do this? Buy concocting a diabolical plan in which they put toys into the meals. This somehow puts the children under a spell that draws them to the Happy Meal; after which they begin to enjoy the cheeseburger and French fries that come with the toy. How ingenious. The folks from the CSPL want you to know that they intend to protect our children against this evil by filing a lawsuit against the fast food giant in order to get them to stop making Happy Meals...Give me a break. First of all, do you believe that the government actually funds idiot groups like this? Secondly, why, when we are trying to figure out what's wrong with our youth, are we ready to blame anything but parenting? It's the TV, video games, rock and roll, etc. Third, don't blame the clown if you don't have the balls to tell your kids no you can't have it. Last point, how are you idiots going tell me what to feed my kids when you can't even plug a leak.

2. Without a license.

Were you as shocked and horrified as I was when it came out that MBTA subway operators are not required to have driver's licenses? How in the hell can these folks over there get away with this? Thousands put their lives into the hands of Subway Operators every day, and they don't even have the proper paperwork to operate a machine that weighs several thousand pounds and could kill everyone on board with one wrong turn. What sort of idiot would let this go on? This does explain a few things; like the couple of crashes that have occurred over the last couple of years. Makes you wonder what else they're not telling us. Then again maybe we really don't want to know. But I do know one thing, if I were the Governor of the Commonwealth I would want to make sure that the people would be safe and would call for an investigation to find out why this went on for so long.

3 The Winchester Murders

I was watching the news the other morning when the story of the murder in Winchester Mass came on. You've heard about it. How a husband woke up one morning and killed his entire family. The enormity of such a tragedy doesn't hit you until you take the time to really think about it. There I was watching the story when a picture of the two children came up on screen; I looked into those little blue eyes and nearly lost it. How in the hell could you murder two sweet innocent children in cold blood, especially if they're your own? This coward couldn't even kill himself. I watched as his parents came up with those "he's a good boy" stories, and you know the old "they were having financial problems," has already been

SHEARER continued on next page

We are all Arizonians

Shiffra Freewoman

Spare Change News

I must speak out for justice for the Mexicans in Arizona. I know that there is a drug war near the border that brings with it crime and economic trouble.

However, it’s clear that there is an extreme amount of racism going on. I find the immigration law repugnant. No, I have not read the whole thing. However, I do know that it says that police must look for so-called “illegals,” and if they do not have papers on them, they will be arrested and jailed.

Imagine you forgot to bring your papers with you, or you don’t have papers, or you lost them. The cops then arrest you because you are brown or black skinned. It matters not if you were born here, or are a “legal” immigrant. You will go to jail, period.

And no, in my mind, crossing the border is no crime, even if it is illegal, unless you commit a crime, like armed robbery, rape, murder, etc.

A Mexican seeking a way to survive by coming here to the U.S. is no criminal. This law is criminal, whether one is a citizen or not, everyone is human.

It was illegal for blacks to sit down on the front of a bus in the south. Does that make a black person who “violated” such a law a criminal? The true crime

was racism.

To me, this law reeks of fascism.

I called Arizona Governor Jan Brewer, and gave one of her aides a mouthful about the law and the ban on ethnic studies. The best classes I ever took were women’s and black studies classes. They were so interesting and full of life, so thought provoking. They opened my mind. I felt proud to be a woman, and inspired to work for justice. I won’t say my other classes weren’t good, but none matched those classes.

I encouraged the aid to tell the governor to come up with a better solution to the problem other than profiling and jailing people. This law will not just affect Mexicans, it will affect everyone. Jews will not be safe in a xenophobic environment, nor will gays.

Of course racism and xenophobia are not a new phenomenon. This country was built on the backs of black slaves. Arizona was once part of Mexico, we stole the country from the original people and murdered them en masse. However, the indigenous people live on.

Yet, it is clear that with a black American president, who is the son of a white woman and a Kenyan immigrant, in the midst of an unprecedented economic and ecological crises, we are seeing a frightening rise of hatred and

scapegoating of folks who differ from the white, male Christian norm.

Our president must do more on immigration and stop raids on “illegals.” The justice department needs to step in and challenge this un-American law.

Our President is about to spend 500 million dollars on protecting the border with 1200 national guard troops. Couldn’t that money be better spent on jobs in Arizona, food, drug treatment, education, and bringing folks of all colors together? Such an approach would more effectively address some of the problems there.

Why do we always find money for military solutions?

If Jan Brewer is the governor of all Arizonians, she needs to get folks to sit down and talk to one another, to calm the fires of anger, fear, and hatred.

We are all Arizona. I too am often filled with rage and fear. I too have racism, I too have faced virulent prejudice. Since we are one country with many states, when one state comes up with a vicious law like this, it affects all of us and this rotten xenophobia spreads.

Of course racism and anti-immigrant feeling is not limited to Arizona. Sadly, 70% of Americans support this law.

The law is a “brown herring”, blaming the wrong folks for our problems. We need to come together to find real

solutions.

Yes, racism can and does spread, and is virulent, hurting most obviously people of color, but also the people who promote it, if only indirectly.

In the face of racism and sexism, the Civil Rights and women’s movement spread, not merely to oppose the isms, but to empower and liberate.

Once again, movements for empowerment, liberation and justice must spread. Somehow, we must also reach the Tea Party folks and the extreme racists, to find a way to embrace them and heal their rage and fear. My sense is that this divisiveness benefits only the few who make billions off of war, prisons, drugs and the wall.

We end up fighting amongst ourselves when we most need to unite. What needs to spread like wildfire is love, economic and social justice, sister and brotherhood, regardless of borders. The heart knows no borders, nor does the earth, or God / dess.

In fact, I think it is good to cross borders, to go past the hate and to reach into another’s heart, to climb over and bring down walls, the one at the Mexican border and the one at the Palestinian border, because in the end our only country is the world, the earth our home, and the country of our hearts.

GOLDFINGER *from previous page*

write this the oil is still spilling into the Gulf of Mexico and it has been for 66 days. It’s washing ashore in Louisiana, Florida, & Alabama. Not only are the Gulf Shrimp dying; the birds and an entire way of life are dying too.

The CEO of BP wants his life back. We can see him on his yacht in the clean waters by England. Those on the Gulf Coast, don’t have that option.

President Nixon in 1973 said that we need to reduce our dependence on foreign oil. President Ford said we need to reduce our consumption of oil. This was in 1975. In 1979 President Carter said the same. Then President Reagan, then President Bush, Sr., then President Clinton said the same in the year 2000.

George W. Bush, Jr. paid lip service to the idea in 2006 and now President Barack Obama is faced with the largest oil-eco-tragedy that has ever struck the United States. When are we going to learn?

Uncle Sam has a great big hypodermic needle, made out of plastic, an oil derivative, stuck in his arm and he’s shooting the black tar faster and faster. Are we, the people, ever going to go to rehab and kick the oil habit? Or is it going to kick us into our graves with many species following us?

The people of the Gulf want their lives back. The creatures of the Gulf want their lives back. BP chief Tony Hayward, cruising England’s coast on his 52 foot yacht, has his life back. What’s wrong with this scene?

I think I’ll go back to the Cape. Oh, wait a minute--by the time I arrive the oil may be there.

Marc D. Goldfinger *is a formerly homeless vendor who is now housed. He can be reached at: junkietroll@yahoo.com*

SHEARER *from previous page*

bandied about. The first one...Ok, we were all good boys. However, the latter ...Bull. You know what, I was homeless, addicted to drugs, broke and sleeping on cardboard boxes and never once did the thought ever occur to me, “I will slaughter my whole family, that’ll make everything ok” And you know what’s the sick part about this folks, this coward will be protected in jail. He will eat his meals and get his recreation separately from everyone else, so he won’t get killed. I don’t believe in the Death Penalty....But sometimes...

4. A little hope please.

I was watching a report about a new hospital wing at Mass General that would make it a lot cheaper for parents and children to be housed during cancer treatments. Maybe I’m getting soft in my old age but that story moved me, and it got me thinking. Why aren’t we doing more to help one another? We are so divided by our stupid childish differences.

What we should be really doing is working together to take care of our children, end homelessness, etc. But we don’t. Somehow we must overcome our petty squabbles and work together. Now, while your thinking about that, I’m going take my grandchildren out for a Happy Meal.

James Shearer, *Spare Change News co-founder, was once a homeless vendor. He currently serves as the Board President.*

Trading Places

Norman Watne
Spare Change News

Have you ever taken the time to wonder what the homeless really have to experience on a daily basis? I know that you pass them daily as you go to and fro, on your way here and there. You may even stop to give them a couple dollars or offer them a cup of coffee in the morning, but what else have you done?

Try putting yourself in their position. I can hear some of my readers now saying that’s crazy, why would anyone ever want to do something like that? Living on the streets as a homeless person.

A gentleman by the name of Brian Seeley did just that. During last years summer break, Seeley, a ministry student at Southeastern University, set out to gain a better understanding of what

life is like as a homeless person.

Seeley slept under the stars, ate with other homeless people at undisclosed camps in the woods, and showered at shelters. Along the way, Seeley also became friends with many of the people he met on the streets, including a homeless gentleman, (lets just call him Booker.)

Booker became homeless after he lost his job in construction during the economic downturn. He now lives in a vacant shanty somewhere in Polk County Florida. Seeley spent time with Booker and even shared meals with him.

“My first impression was, not a good idea,” Booker said.

“The friends I have made aren’t any different than I am. The ‘us-and-them’ mentality has been broken in my mind,” Seeley said.

According to a survey conducted by the Homeless Coalition of Polk County, there were more than 800 homeless people in the area in 2009.

At the end of the summer, Seeley went back to school and once again had a roof over his head. However, he won’t forget what he learned about life on the streets.

Today, Seeley is working towards his goal of opening two homeless shelters in Polk County. According to Seeley, these shelters will not only offer residents a place to stay, but also job training and substance abuse counseling.

Along with providing services, Seeley also hopes to offer a sense of understanding of how homeless people live as they attempt to have a second chance at a normal life.

There is no way to truly understand the daily life of the homeless unless you’ve actually been there yourself. Some peo-

ple believe that “it can’t be all that hard, there are no responsibilities living on the streets.” However, the responsibilities that the homeless face just to survive, whether it be summer or winter, is a burden that most would not want.

When you’re homeless you become an outcast within the community. Most people walk by you as if you have a contagious disease. I’m sure you’ve seen that look, you may even have given it yourself a time or two in the past. Could you just imagine how you would feel getting that look on a daily basis; over and over again just because you ask a passerby for a little pocket change to get something to eat? Could you handle it?

Seeley has shown that not everybody is willing to just throw their arms up in the air and give up when things start to look bleak. Too bad there are not many more Seeleys out there.

It Takes More Than “Suck It Up” to Deal with Being Bipolar

Margo Pierce
Denver Voice

The barista greets some customers by name and wishes everyone a good day. Under the “Pick up” sign stands an older woman wearing a jacket, skirt and tennis shoes, staring into space. A man with three children sits at a table sipping coffee while the kids run around; he’s the only customer in casual clothes in this coffee shop on the first floor of a many-storied office building in downtown Cleveland, Ohio. Two tables over sits a man in a traditional blue suit with a striped red tie. Which one has been diagnosed as bipolar?

It could be any coffee shop in any town. The hiss of steaming milk, the slamming of a refrigerator door, the grinding of beans, “Mocha latte for Bob!”

The man in the blue suit begins to talk.

I was diagnosed with bipolar in about 2000 and through the next two or three years had a rough time trying to figure things out. It’s really a disorder that causes mood swings. It used to be called ‘manic/depressive disorder,’ in which manic—or mania—is the highs. The other side, depression, is traditional depression where you feel hopeless, sad, paralyzed. You really can’t do anything, which really hurts people in their everyday lives trying to live and trying to make things happen.

It causes erratic behavior. It’s very debilitating on both sides. You cycle back and forth between the mania and the depression. It’s quite a big span

sometimes.

Dan DiMarco looks away, breaking eye contact. Is he looking out the window, maybe at the man with the children? At the request of the National Alliance on Mental Illness (NAMI,) the organization for which he’s a volunteer board member, he is sharing his story.

I used the term ‘I was missing something’ with my doctors. Looking back, in high school I did everything well, felt good. Into college I started feeling not as productive. Then I got out of school, and in my first few jobs ... I wasn’t able to do as much as I had before and that frustrated me, and I wanted to figure out what was wrong.

I couldn’t concentrate like I used to. I didn’t pick things up technically the way I used to. In the past I was always picking up things quickly. Socially I was still fine. In fact, that helped, allowed me to hold onto a lot of my jobs.

Looking back at home, my wife noticed it, but not family and friends. I was always outgoing and fun. ...There was a lot of periods of inactivity at home where I wasn’t doing anything. Anytime I was home I was laying on the couch. I couldn’t cut the grass, I couldn’t paint the walls, I couldn’t really do anything because of the depression. Anything I had to do felt like lifting my car over my head.

Once I started this ‘I’m missing something’ came probably three to five years of ‘Maybe I ought to go talk to someone. Maybe I have fear of failure. Maybe I have

fear of success.’ What to do, who to go see—I had no idea, so that went back and forth.

Then I went to church with my family. My 1-year-old and I were walking around in the back of the church and I saw a flyer from a nun who’s a psychologist and I took that and I went to see her. She thought it was depression, which part of it definitely was, so she recommended me to a psychiatrist to get the full analysis.

Joni Mitchell chimes in with “California.” Oh it gets so lonely / When you’re walking / And the streets are full of strangers / All the news of home you read / More about the war / And the bloody changes / Oh will you take me as I am? / Will you take me as I am? / Will you?

When I heard ‘bi-polar,’ it scared the hell out of me because it just sounded scary. Then, when I started on this medication stuff, it finally hit me that I’ve got to take this forever. At the time, late twenties, to think that I’ve got to have a pillbox out on the counter like grandma does for the rest of my life is scary. The medication management took a long time and it was exhausting. You can’t take a blood test, say, ‘OK take four of these and call me in the morning.’ It’s a total guessing game.

We experimented with 15 different options over the course of the next two or three years. I was full-speed ahead so it was just like, ‘Let’s figure it out and do what we have to do.’ When I’d go pick up my 30-day supply and it’s \$700, I’d just shake my head and start getting concerned, and then a week or two weeks

later it changed anyway.

I can appreciate it’s got be extremely difficult for people who are in bad situations. With the bi-polar we settled on two drugs that kind of made things OK. It was at that time I felt really good, started a new job, which helped, and then that’s when I joined NAMI [National Alliance on Mental Illness]. I thought, ‘I feel good, I’m going to try and help.’

So the two medications boxed things in. Then the doctor portrayed it as some of the depression wasn’t being treated and so we tried an additional drug to complement the two I was taking, and that didn’t work.

He twists his wedding ring—a gold band—on his finger. Then he takes it off, fiddles with it and puts it back on, eyes down the entire time, before taking it off to roll it between his fingers again.

If the doctors are guessing, essentially, educated guessing, figuring out how to fix things, then it’s nearly impossible—and I’ve tried with my wife and several other people—for people to understand what’s going on in my head.

With this recent bout of depression that’s still kind of hanging around, I tell my wife that I’m sitting at my desk and I can’t make my phone calls. That’s what I have to do. I have a lot of calls—I can’t make my phone calls. She says, ‘What do you mean?’ I’m just sitting here and my hands are on my desk and it feels like they’re chained to the desk and I just can’t make the calls. Loving and right next to

continued on next page

Situations Wanted

This classified section is designed to offer advertising space to our vendors and readers. Its purpose is to better enable persons with limited resources to make connections that will facilitate their rise from poverty. Additionally, Situations Wanted is intended to unify the Spare Change community, linking vendors and readers to create new possibilities. Our advertising vendors are listed by first name and the spot(s) in which they typically sell. Unless otherwise stated, please contact the Spare Change office at (617) 497-1595.

JOBS

Cher
Experience
Vacuuming, cooking, cleaning, wash and wax floors, laundry, iron. Experience in caring for pets and over-nights.
Contact
617-386-3445

Fred
Experience
6 years janitorial; various day labor positions (e.g., catering, loading, stocking, dish washing, retail)
Seeking
Janitorial, stockroom, inventory, retail
Contact: 857-241-9444

Robyn (Back Bay)
Seeking
Spare Change vendor and writer looking for work in office or retail environment.
Experience
14 years of nursing home experience, scheduling, evaluations, ordering and stocking, customer service
Please contact Robyn at 781-475-8287

Luis (Gov. Ctr.)
Experience
Carpentry, plumbing, painting, stockroom, mailroom, shipping/receiving
Seeking
Stockroom, inventory, retail
Contact: big_thug5@yahoo.com

Kevin
(Central Sq.; Community College)
Experience
17 years in building maintenance; electrical,plumbing, cleaning; much experience in bringing buildings up to section 8 code
Seeking
Caretaking, maintenance in any of above areas; offering reliable, dependable and neat service 24/7; free estimates; full resume and references available upon request.
Contact: lilhoss08@yahoo.com (781)219-7486

Robert
(SCN staff writer and vendor)
Experience
Customer service, sales, writing, food service (email for professional resume)
Seeking

Cooking, teaching cooking, nutrition, teaching computers (MS Word, resume design, or Internet), nutrition sales, office work, warehouse work, market research
Contact bosonma@yahoo.com

Ed (Longwood Medical; North Sta.; State St.)
Experience
7 years as a Spare Change vendor; familiar with dogs and other pets; friendly and reliable
Seeking
Dogwalking; can be available for a flexible schedule and hours; would like to earn \$10/hour

HOUSING

Michael (Coolidge Corner)
Seeking
1 BR
Location
Cambridge/Boston
Price
\$600-750
CONTACT
Spare Change Office (617)497-1595

Mattawen
Seeking
Healthy home cookery + dishwashing + \$350.00 in exchange for room in Boston area apt. (Cambridge preferred) ASAP.
CONTACT
Mattawen at cell: 857.334.5007
email: Gattawikwamtet@yahoo.com.
Kewam (Thanks).

Anthony (Porter Sq.)
Seeking
1 BR apartment
Location
Cambridge or off of red or orange lines
Price
Up to \$1362 (section 8 voucher)
Contact: 857-312-8371

Walter (State Street)
Seeking
2 BR or larger apartment
Location
Cambridge or off of red line

Price
\$750-850/mo.
Contact: 617-304-0343 (Walter) or 857-334-4317 (Susan)

ADVERTISERS

Norman (North Station) & **Reggie** (Copley Sq.)
Contracting SCN Advertisers for either Situations Wanted classified page, or for 1/8, 1/4, 1/2 or full page ads, in either black and white or color.

MISCELLANIOUS

Robert (SCN staff writer and vendor)
Seeking
Laptop computer (Windows or Mac); flash drive

Anthony (Porter Sq.)
Seeking
Furniture, a TV, DVD player, plates, bowls and utensils, etc.
Notes
Recently received a section 8 voucher and would appreciate any assistance
Contact: semah2007@aol.com or 857-312-8371

Jim (Back Bay)
Seeking
Laptop computer (Windows or Mac)

FOR SALE

Robyn (Back Bay)
Selling
HP 1310 series all-in-one copier, scanner, and printer.
Description
Approximately 3 years old; works well. Paid \$250, asking \$60

SPARE CHANGE IS SEEKING

4 Apple Macintosh computers for our office (3 years old or newer). Also looking for Adobe Indesign software version CS3 or newer.

continued from previous page

me and supporting me the whole way—and she says, ‘Well just suck it up, pick up the phone. Why can’t you just pick up the phone?’

Your brain does a lot of amazing things. It’s very powerful, so if turns around on you and tells you not to do something, ya ain’t gonna do it.

In the momentary quiet another female singer croons in the background , “only you guy trying to believe that you changed...”

I was in a fundraising walk (for NAMI). ... I basically sent the e-mail to 400 people throughout my network, basically saying, ‘This is me, this is what happened. I didn’t choose this, it’s who I am, so please donate.’ I included in that the family members I hadn’t told. That was the way to let them know. ... You would think people would push away after something like this, but I was amazingly surprised at the level of support from friends and family with the walk...

You see people who are super-successful. They lose their job, they get divorced, they lose another job, they become an alcoholic—I see, I’ve been flirting with all of that. You see people like that and think, ‘What a loser, he can’t get his life together.’ Well, he may think the same thing. Some people are too proud to throw their hands up in the air and say, ‘I need help. I don’t know what’s going on.’ I think that keeps a lot of people away.

I’m 100 percent sure that if my dad felt the same way when he was 29, I don’t think he would have said anything. So, I think as generations move on there’s more advertising about it, more awareness. So I think you’ll get more and more people entering the system, if you will, and acknowledging that they have something.

It’s a biological disease. It can happen to anyone. When you think about the person sleeping under the bench and then you see the person ready for open-heart surgery, they’re probably just as sick, but nobody’s going to make fun of the guy with the heart problem. So I think the biggest thing is awareness, and that’s something I feel like I can help with.

People will say, ‘What can I do?’ and first of all, don’t yell at me when I can’t call someone. And secondly, the old good listener trick—that’s real helpful.

The American myth of individualism tells people who are struggling with addiction, abuse, mental illness or poverty to simply pull themselves up by their own bootstraps. In reality, specially designed services and other kinds of support are essential to the process of transformation. This column is the first in an occasional series that will explore what it takes to Forget the Bootstraps in order to live a better life.

State Flags

The flags were chosen for their lack of a state seal, motto and/or state name in their fields, . . . leaving few clues of the flags’ identities. And there are eleven state flags; one represents the Federal District of Columbia. (Hint: Most are South or Southwest of the Mason-Dixon line.) Good luck!

A



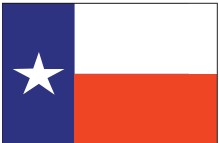
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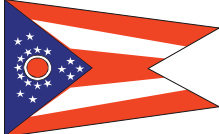
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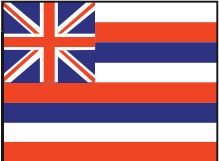
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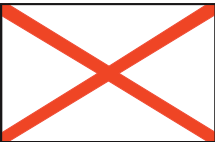
I



J



K



L



Sudoku

9			4	1				6
				6		5		
					9	7		
	2					1		
4		1	6		5	8		9
		7					2	
		4	8					
		3		5				
1				9	7			5

Enneagram. . .

. . . is a nine-letter word arranged in a three by three square. Find the word by moving from square to square diagonally, across and/or up and down. In addition, try to find as many (as thirty?) shorter words within the word moving about in the same fashion.

N	O	R
N	P	O
T	I	F

Solutions to previous issue’s puzzles

9	5	4	2	1	8	6	7	3
7	6	2	9	5	3	8	1	4
8	3	1	7	6	4	5	9	2
6	2	8	1	4	7	9	3	5
3	1	7	5	8	9	2	4	6
5	4	9	6	3	2	7	8	1
1	9	6	4	7	5	3	2	8
4	7	3	8	2	6	1	5	9
2	8	5	3	9	1	4	6	7

A	M	I	D
M	O	O	R
I	O	T	A
D	R	A	M

Fathers, Sons and Daughters

- 2

Donald Sutherland, C Keifer Sutherland
- 3

Sheriff Andy Taylor, F Opie Taylor
- 4

Harry Belafonte, I Shari Belafonte
- 5

Barack Obama, E Sasha & Malia Obama
- 6

Kirk Douglas, G Michael Douglas
- 7

Martin Sheen, J Emilio Estevez & Charlie Sheen
- 8

Mohammed Ali, A Laila Ali
- 9

Will Smith, H Jaden Smith
- 10

Freddie Prinze, B Freddie Prinze, Jr.

Helping Hands

Cambridge and Boston are teeming with organizations ready to provide food and services to the homeless and the needy. If you’re in need, they’re there for you. If you can volunteer or donate, most of them could use your help.

Food

DAILY MEALS:

Pine Street Inn
444 Harrison Ave., Boston, 617-482-4944
Breakfast: 6 a.m.; brown bag lunches during the day;
Dinner: 5 p.m.; Chicken truck: 11:30 a.m.
Rosie’s Place (women & children only, no boys over age 11)
889 Harrison Ave., Boston, 617-442-9322
Lunch: 11:30 a.m. – 1 p.m.; Dinner: 4:30 p.m. – 7 p.m.
St. Francis House
39 Boylston St., Boston, 617-542-4211
Breakfast: 7:30 a.m. – 9 a.m.; Lunch: 11:30 a.m. – 1 p.m.
Emergency sandwiches: Weekdays 2:45 p.m. – 3 p.m.
Salvation Army 402 Mass. Ave., Cambridge, 617-547-3400
Lunch: 12 p.m.
Women’s Lunch Place (women & children only, no boys over age 14, male presence discouraged)
67 Newbury St., Boston., 617-267-0200
Open Mon. – Sat., 7 a.m. – 2p.m.
www.womenslunchplace.org

WEEKLY MEALS

Monday:

Church of the Holy Resurrection
64 Harvard Ave., Allston, 617-787-7625
6 p.m. – 7 p.m. and take-out.
Mass. Ave. Baptist Church
146 Hampshire St., Cambridge, 617-868-4853
6 p.m. – 7:30 p.m.

Tuesday:

Church of the Advent
30 Brimmer St., Boston, 617-523-2377 6 p.m.
First Parish Unitarian Church
3 Church St., Cambridge, 617-876-7772
6 p.m. – 7 p.m. (doors open at 5:30 p.m.)
Faith Kitchen, Faith Lutheran Church
311 Broadway, Cambridge, 617-354-0414
6:30 p.m. (second & last Tuesday of every month)

Wednesday:

Salvation Army 402 Mass. Ave., Cambridge,
617-547-3400 5 p.m. – 6 p.m.

Thursday:

Christ Church, Zero Garden St. Cambridge,
617-876-0200 6 p.m. *St. James Church*
1991 Mass. Ave, Cambridge
The Women’s Meal (Women and children welcome)
5 p.m. – 7 p.m. (food pantry 3 days/week)
Union Baptist Church
874 Main St., Cambridge, 617-864-6885. 5 p.m.

Friday:

Arlington St. Church
351 Boylston St., Boston, 617-536-7050 5 p.m.
Food Not Bombs
Boston Common (near Park St. T station), 617-522-8277
3 p.m. -- 5 p.m.
Mass. Ave. Baptist Church
146 Hampshire St., Cambridge, 617-868-4853
6 p.m. -- 7:30 p.m.

Saturday:

Pilgrim Church 540 Columbia Rd, Dorchester
approx 8:45 (*Boston Commons, near fountain*)
We serve soup, pasta, coffee, juice, pastries, sandwiches,
and clothing once a month.
12-1:30 pm
We offer a free community lunch, it is a cafe style, and we
serve the guests, no standing in line. The meals are hot and
made with love by our very talented chef

Sunday:

Food Not Bombs
955 Mass Ave
(617) 787-3436
Central Square Cambridge on Sundays from 3-5pm.

FOOD ASSISTANCE

Greater Boston Food Bank, 617-427-5200
Serves non-profit organizations such as
agencies, shelters, etc.
Office hours: 8 a.m. – 4:30 p.m.
Project Bread
617-723-5000; Hotline 1-800-645-8333
Referrals to food pantries throughout the city
Somerville Food Pantry
617-776-7687
Food pantry: Mon, Tue, Fri 10 a.m. -- 2 p.m.; Wed 12 p.m.
-- 4 p.m.; Thu 1 p.m. -- 4 p.m.
Somerville residents only. Those unable to use other pan-
tries due to disability may call and ask for the Project Soup
Delivery Coordinator.

Brookline Food Pantry
15 St. Paul St., Brookline, 617-566-4953
Tues. & Thurs. 10 a.m. -- 2 p.m.; Sat. 2 p.m. -- 4 p.m.
Brookline residents only. Second-time visitors must present
a letter from an advocate confirming that they are in need
of food services.
CEOC (Cambridge Economic Opportunity Commission)
11 Inman St. (basement), Cambridge, 617-868-2900
Food pantry: Mon, Wed 4 p.m. -- 6 p.m.; Tue 12 p.m. -- 2
p.m.; Thu 11 a.m. – 1 p.m.; Closed Fri.
East End House
105 Spring St., Cambridge, 617-876-4444
Food pantry: Tue 9 a.m. – 2 p.m.; Fri 9 a.m. – 12 p.m.
Offers assistance in filling out food stamp applications (call
for appointment).

Margaret Fuller Houses
71 Cherry St., Cambridge, 617-547-4680
Food pantry: Wed. 5 p.m. – 7 p.m.; Thurs. 9 a.m. – 12 p.m.
& 6 p.m. – 7:30 p.m.; Fri & Sat 9 a.m. – 12 p.m.
Pentecostal Tabernacle Church
617-661-0222
Food pantry by appointment only; no deliveries or walk-
ins; referrals to other food pantries
Salvation Army
402 Massachusetts Ave., Cambridge, 617-547-3400
Cambridge and Somerville residents only.
Food pantry: 9 a.m. – 3 p.m. & by appointment
St. Francis House
39 Boylston St., Boston, 617-542-4211
Food pantry: Mon. – Fri. 10 a.m. -- 11 a.m.
Sign up at the Counseling Desk in the St. Francis House
Day Center
St. James Church
1191 Mass. Ave, Cambridge
Food pantry: Tues. 6 p.m. – 8 p.m.; Thurs. 11 a.m. - 12 p.m.;
Sat. 10 a.m. – 12 p.m.
St. Paul’s Ame Church
85 Bishop Allen Drive, Cambridge, 617-661-1110
Food pantry: Wed. 12 p.m. -- 2 p.m.; Sat. 10 a.m. – 12 p.m.

Western Ave. Baptist Church
299 Western Ave., Cambridge, 617-661-0433
Food pantry: Every second Wed., 10 a.m.
Zinberg Clinic Pantry at Cambridge Hospital 617-665-1606
For clinic patients with HIV / AIDS only.
Food pantry: Mon. – Fri. 9 a.m. – 5 p.m.
Fair Foods \$2 a bag;
CAMBRIDGE, St. Paul’s Church
29 Mt. Auburn St
Harvard Sq. Red Line
Saturdays 10-11
SOMERVILLE, Cobble Hill Apts
84 Washington St.
Back parking lot
(near Sullivan Sq.)
Every other Wed. 11:30-1
Mt. Pleasant Apts. 70 Perkins St. (off Broadway)
Every other Wed. 1:30 - 2:30
Hearty Meals for All
Somerville Community Baptist Church
31 College Ave. Somerville, MA 02144
Free Community Meals the second Friday of every month
at 6:30pm

Homeless Concerns

The Women’s Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen, space, children’s room, and more.
Walk-ins welcome.
Women & children only (no boys over age 12)
Hours: Mon-Fri 10am-8pm, Sat 10am-3pm.

Cambridge Multi-Service Center
19 Brookline St., Cambridge, 617-349-6340
City-run agency with additional community non-profit
partners. Works with Cambridge families in shelters,
provides shelter referrals and other housing assistance.
Employs housing specialists for elderly and disabled.
Office hours: Mon. 8:30 a.m. – 8 p.m.; Tue., Wed., Thu. 8:30
a.m. – 5 p.m.; Fri. 8:30 a.m. – 12 p.m. Walk-ins accepted.
Cardinal Medeiros Center
25 Isabella St., Boston, 617-619-6960
Day center for homeless adults (50 years & older); mental
health & nursing staff; help with housing searches.
Lunch served at 11:45 a.m.
Office hours: Mon. - Thu. 9 a.m. - 4 p.m.; Fri. 9 a.m. - 3 p.m.

Caspar
240 Albany St., Cambridge, 617-661-0600
Open 24 hrs / day; emergency shelter open 4:30 p.m. – 8
a.m.; Clients who leave in the morning may not return
until 3 p.m.; Clients staying multiple nights must prove
recent local residency.
CLASP (Community Legal Assistance Services Project)
19 Brookline St., Cambridge, 617-552-0623
Free legal clinic for Cambridge homeless at the Multi-
Service Center every Tuesday at 8:30 a.m.

Ecclesia Ministries
67 Newbury Street, Boston., 617-552-0623
Weekly Schedule for the Common Cathedral:
Sunday
- Worship at Brewer’s Fountain on Boston Common, 1 pm
- Gospel Reflection at St. Paul’s Cathedral, 138 Tremont St.,
2:30 p.m. – 4 p.m.
Monday
- Lunch at Sproat Hall (St. Paul’s Cathedral) 11:30 a.m. –1 p.m.
-Eucharist & Healing (St. Paul’s Cathedral) 1 p.m.
- Common Fellowship in Sproat Hall (St. Paul’s Cathedral)
2 p.m. --3 p.m.
Wednesday
- Common Art at the Emmanuel Church, 15 Newbury
Street, 10 a.m. – 3 p.m.

Friday
- Common Cinema in Sproat Hall (St. Paul’s Cathedral)
2:30 p.m. – 5 p.m.
Horizons for Homeless Children
617-445-1480; www.horizonsforhomelesschildren.org
Horizons for Homeless Children is seeking volunteers to
interact and play with children living in family, teen parent,
and domestic violence shelters in Greater Boston. We offer
daytime and evening shifts, so there is likely to be one that
fits your schedule. A commitment of 2 hours a week for 6
months is required. The next training session will be Sat.,
Sept. 27, 9:30 a.m. – 4:30 p.m.

Medical Walk-in Unit at Mass General Hospital
617-726-2707
Provides minor medical care for adults. Patients are seen in
order of arrival. MGH accepts most insurances but requires
copayments.
Hours: Mon.-Fri. 8:30 a.m.-8 p.m.; Sat., Sun., Holidays 9:30
a.m.-4 p.m.; closed Thanksgiving & Christmas

Rosie’s Place
889 Harrison Ave., Boston, 617-442-9322
Women and children only (no boys over age 11)
Open 7 days a week; provides help with housing, medical
care, job training, financial aid and education, legal servic-
es, rape crisis counselors, health specialists, and more.
St. Francis House
39 Boylston Street, Boston, 617-542-4211
Meals offered 365 days /yr.; food pantry open weekdays.
Offers a mailroom, open art studio, clothing lottery, com-
puter library, support groups such as AA, showers, tele-
phones, toothbrushes & razors, medical clinic, counseling
& mental health services, housing counseling & stabiliza-
tion services, & a women’s center.
For more details on these services and for their specific
times visit www.stfrancishouse.org
Starlight Ministries. 617-262-4567
Outreach van with food, clothing, blankets and worship
Hours: Wed. 8 p.m. by Park Street T station on the Boston Common.
Streetlight Outreach
Wednesdays at 8:00 PM
Harvard T-Station (The Pit); Porter Square T-Station
Volunteers work weekly to serve the homeless who live in
Harvard and Porter Squares. Volunteer teams give away
warm food and beverages, clothing and counsel to those in
need. Streetlight volunteers also lead an outdoor worship
service for the entire community.

The Women’s Center
46 Pleasant St., Cambridge, 617-354-8807
Computers, kitchen and rooms. Walk-ins welcome.
Women & children only (no boys over age 16).
Hours: Mon-Fri 10 a.m.-- 8 p.m., Sat 10 a.m. -- 3 p.m.
On The Rise
341 Broadway, Cambridge, 617-497-7968
Women only. Home-base during the day and advocacy ser-
vices. Open six days / week. First-time visitors, call ahead
or stop by Mon-Sat, 8-2pm.

The Outdoor Church of Cambridge
The Outdoor Church of Cambridge is an outdoor ministry
to homeless men and women in Cambridge. Prayer ser-
vices and pastoral assistance outdoors in all seasons and
all weather. Short prayer services in Porter Square, under
the mobile sculpture near the T station, at 9:00 AM and on
the Cambridge Common, near the tall Civil War monu-
ment and directly across from Christ Church Cambridge
on Garden Street, at 1:00 PM every Sunday, throughout
the year. Sandwiches, pastry, juice and clean white socks
available in Harvard Square and Central Square. (978)456-
0047, 39 Brown Road, Harvard, Massachusetts 01451
jedmannis@charter.net; www.theoutdoorchurch.net.

Victory Programs, Inc.
www.vpi.org. Short and long-term residential substance use
disorder treatment programs for individuals and families;
affordable housing opportunities for eligible individuals;
HIV / AIDS case management. Sites throughout Boston
Please call for more information. (617) 541-0222 ext. 626

Legal Aid:
Lawyers Clearinghouse, 617-723-0885
Shelter Legal Services (Newton), 617-965-0449

The Homeless Eyecare Network of Boston (HEN-Boston)
is a nonprofit organization dedicated to maintaining a con-
stantly undated network of affordable and free eyecare ser-
vices for the homeless. If you need an eye exam or glasses,
please visit our website, www.hen-boston.org.

Subscribe
to
SCN

Name _____
Street _____

City _____ State _____ Zip _____
☐ My check or money order for \$60 made payable to Spare Change News is enclosed.
Mail to: Spare Change News 151 Massachusetts Avenue, Cambridge, MA 02138

Stories from the Street



The Homeless Empowerment Project's Speakers Bureau

Ever wonder what it's like to be homeless? Want to learn more about it while at the same time supporting the Homeless Empowerment Project, publisher of Spare Change and Whats Up?

- Then take a look at our Speakers Bureau. -

You've probably already seen a lot of our dedicated vendors selling papers at various T stops around Cambridge & Boston, but now here's your chance to actually hear their personal stories and learn from their experiences.

Most of our vendors are homeless or at risk of homelessness, and all have experienced severe economic disadvantage. They are a diverse and hard-working group of men and women with stories to inspire and educate us all.

The Speakers Bureau is the perfect way for teachers, professors, community organizations or congregation leaders to educate their groups and put a human face on the realities of poverty and homelessness here in Mass.

Invite a vendor to come speak to your organization, school or congregation by contacting our main office at 617.497.1595 or emailing us at sceditor@homelessempowerment.org.